

Health Promotion Resources

Kansas Department of Health & Environment – Bureau of Health Promotion

For a full listing and explanation of available resources offered, visit <http://www.kdheks.gov/>



Put Life Back
in Your Life

Kansans Optimizing Health Programs (KOHP)

- Chronic Disease Self-Management Program (CDSMP)
- Diabetes Self-Management Program (DSMP)
- Tomando Control de su Salud (CDSMP that is culturally adapted to Spanish)

KOHP is a free, highly interactive, program where people of various chronic conditions come together to learn and practice new skills over a six week period to manage their chronic condition. The participants meet once a week for 2 ½ hours to discuss and problem solve a variety of topics relevant to coping with chronic conditions.

Family members and/or friends of participants are encouraged to attend the workshop in order to increase their understanding of the challenges associated with living with a chronic condition on a daily basis.

For a calendar of workshop or leader training dates, visit <http://my.calendars.net/kohp>.

For more information, contact Ariel Capes, Health Educator, by email at acapes@kdheks.gov.

Kansas Tobacco Quitline (KanQuit!)

- KanQuit website <https://www.quitnow.net/kansas/>
- Highly trained Quit Coaches
- Text2Quit
- Free Mobile App - www.quitforlife.com



Patients can self-refer or be referred by a Health Care Provider. When a referral is received from a Health Care Provider, KanQuit staff makes up to five attempts to contact the patient and then service delivery begins.

For more information, contact Matthew Schrock, Cessation Coordinator by email at mschrock@kdheks.gov.



Physical Activity & Nutrition Program

- Senior Farmer's Market Nutrition Program
- Bicycle and Pedestrian Resources
- Fruits and Veggies—More Matters®

For more information, contact Anthony Randles by email at arandles@kdheks.gov.

Additional Resources:



<http://www.thecommunityguide.org/>

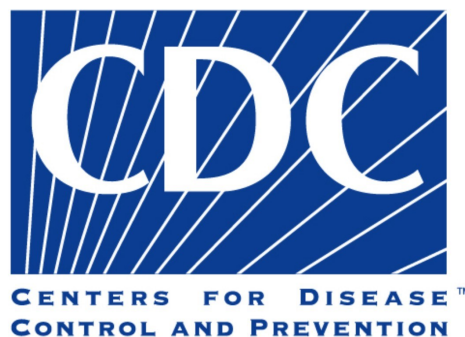
The Guide to Community Preventive Services is a free resource to help you choose programs and policies to improve health and prevent disease in your community. Systematic reviews are used to answer these questions:

- Which program and policy interventions have been proven effective?
- Are there effective interventions that are right for my community?
- What might effective interventions cost; what is the likely return on investment?

Million Hearts® is a national initiative to prevent 1 million heart attacks and strokes by 2017. Million Hearts® brings together communities, health systems, nonprofit organizations, federal agencies, and private-sector partners from across the country to fight heart disease and stroke.



<http://millionhearts.hhs.gov/index.html>



<http://www.cdc.gov/chronicdisease/>